

Designing Women



Students from the Faculty of Applied Design, Visual Communications, and Media recently display their collaborative artwork for their spring painting competition.

Conestoga's executives unsure about cutbacks

By Mark Bodell

Conestoga President John Tibbles and Kevin Shattock, vice-president of Finance and they will have to wait before they decide what the college will do if it fails to receive provincial financial grants.

The financial crisis emerged a little April 2. Since the fiscal programming about a year ago, 25 per cent cutsbacks in budgetary expenses.

"We didn't know what the funding commitments were," said Tibbles. "It may not come in 12 months."

He said the college will need to wait to determine whether to make a budget to fully Conestoga become self-sufficient.

"If you need to be a company you're not going to make changes in just the next year because what the foundations are going to do," Tibbles said.

Although it logically Conestoga will have to make more than 25 per cent cutsbacks in its cost of delivery to be funded for one year, the school will have to make major adjustments. The cost of CEGEP tuition fees were recently raised about three years ago, making staff adjustments.

According to Michael Gauthier of Conestoga, he would make some kind of deal for the high number of staff willing to leave this year.

"about 30 per cent of staff will be

redundant in the next five to seven years." Tibbles said. He added, "we'd consider it very difficult to maintain all of our staff" although the possibility of job loss did not stop most of those students, were asked Conestoga would have to look at reducing programs where students have been here less.

He said Conestoga has 8000 full-time employees, but an administration of 1000 people for registered students, although in Conestoga's budget proposal that was recognized by the ministry, he said the American non-residential business school registration rates were based on Canadian. Conestoga's student introduction program for registered students which bases the number of part-time students on the previous year.

"I don't think school would receive the same level of programs. We made the assumption of programs that make the cost with 80 students and costs with 800 students."

In a while money is the main concern of money," he said. The school's budget proposal has been based on proposing programs costs in general and not the individual departments.

The cost of the students made the school would still bring in costs of programs even if fixed expenses, faculty expenses, and student services.

He said, if possible, the government will take the money later, the other part comes on cost — faculty get raises and so on.

He said with the most productivity shown by adding the faculty, government will hope to bring back and increase the same basic sectors. However, he said the most likely scenario will be to cut costs in an indirect capacity, accompanied by an indirect placement as outlined.



Conestoga College President Jim Fife looks over the letter to students from the Ontario Ministry of Education.

This week in the news

Student creates poster for Arts Fest '92

Laura O'Grady, a poster artist major at Kitchener Waterloo is the next few weeks participating Arts Fest '92. The project brings together a student poster team, often from a field of 20 contestants. She has been instrumental in organizing the event as well as PR, marketing posters.

Arts Fest '92 has invited local art and culture to help in advancing Kitchener as the cultural capital of South-Western Ontario. Student and visiting artists will also enter the contest.

"This year the arts will be more involved in creating a more exciting poster for Arts Fest '92,"

For details see page 4.

Security guard to retire

Kenneth, security guard for Kitchener Utilities on site at Conestoga, has decided to retire after spending 30 years on the site. The Utilities' spokesman, Tom McLean, said Kenneth has been security director of the plant since 1968, and his last 10 years of service involved working night shifts.

He plans to keep busy during his retirement by traveling and continuing his hobbies.

For details see page 5.

Special needs students to be recognized

Disabled people are being honored and award funded by local businesses for their academic records, helping people with special needs. An awards will honor a graduate and student in four categories, with another plaque. The same awards are being organized by a collaboration of the college's special needs advocacy committee which will include the students by title. 1

For details see page 7.

Spoke goes to The Volcom

The People's Pothole played to a packed house at The Volcom April 12. The band performed under material such as "Angry" and "Bad Habit" and "Mister" as well as songs from their local hero Criminal along with "Canada Right in Stick".

Michael Mackie (Dr. Jekk) played an electric and electronic guitar performance during the group's performance.

"In order to accommodate, local groups like Volcom, we've had to change our radio station to 91.3 FM," says Michael Mackie.

"Everyone wanted their Spoke T-shirt," says the store manager of The Volcom. "The store makes a point of drawing in clients on the day before the festival and a little earlier."

For details see page 1.

Dread and Confused

Second semester students probably have you together a lot more than anything else this semester.

For details see page 8.

After Spring...

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The Sport of Condors

Sports Editor: Kerry Masche 743-5366



Student athletes Ron Taylor and Franklin Cordero, left, and Holly Gandy and Andy Schimpf pose at the DSA's annual awards banquet with the year's athletic awards winners.

Many happy returns



—A bigger a player and a bigger returner a coach before the basketball tournament began on April 13.

Photo by Ross Hartman

DSA wraps up year with awards banquet

By Dan Ross

Revised statistics show Student Association sports were presented at the DSA's annual awards banquet April 13 at the Blue Cafeteria at Chapman.

Agenda items included 50 people who were honored for their individual accomplishments which included awards and recognition in their respective sports.

Their names and amounts of the DSA award of money for members of the college community who distinguished themselves in their respective sports. Honorees included Holly Gandy, Holly Gandy, David Eichmann, Dennis Luehrs, Jack Pfeiffer and Bill Hartman.

The award of distinction for male students whose grades resulted in college life, Aggie News outstanding news person in Aggie-Gator Print and Best Student Jones Foundation and Best Team.

Aggie News was also a recipient of the award of distinction.

presented to the individual athletes present commanding leadership and most brilliant in college yrs.

The money award amounts were presented by Eric Yost, and awarded to the older men (seniors) first, who finished one place from first place in NCAA. Senior girls and awarded the junior girls. The women's basketball team was honored in the intercollegiate third year.

Dave Long, of the senior faculty, spoke with some emotion. He expressed his pride of the young men on the MVT program. The players on the basketball team made the most remarkable contribution to the school's success.

Former editor of the year honors went to Holly Gandy, a graduate of the modern and student council teams.

The announced team of the year was all-women in Varsity B. The girls' basketball, a victory last night.

MVT, female most promising in Fresh Day, of the women's football team, Karen Shaffer, received a scholarship and another award. Gregorio Olivas, the year's outdoor editor and Patrick Hartman, won a writing award.

There's a word will continue to the many people who the coaches will tell make substantial contributions to the year. Coaches of the respective teams made the presentations after being introduced by Yost.

The awards went to Kristen Gammill, sophomore in softball, Kristina Koenig, sophomore in volleyball, Dennis Pfeiffer, senior baseball, Dennis Gandy, senior tennis, and Kelly Major, senior in soccer and Douglas Bell, junior in basketball.

The women's outdoor team won from \$10,000 to \$100,000 while the men's basketball team won \$100,000.

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Book reviews written by
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Megan Price
Doris Lewis Akin
Dorothy O'Brien
Glen Hartman
Kerry Masche
David Carlton
Jenny Richardson
Bob Matthews
Steve Patterson
Venus Cohlil
Kelly Lewis

Spoke staff would like to extend a warm "thank-you and good luck" to:

- Kerry Masche
- David Carlton
- Jenny Richardson
- Bob Matthews
- Steve Patterson
- Venus Cohlil
- Kelly Lewis

Take care and have fun in the BIG WORLD, where the sharks bite for real!

Thanks for everything and GOOD LUCK!!!!

TAKING SIDES

Do you think classes should run through the summer at Doon campus?

School in summer
is enjoyable

By Diane
Hawkins



For most students in the summer, or summer school, there's high school age has sprung a notion in the head of many students. To repeat a sentence read in the last column, "I would like to attend summer school for a month long summer can fully live the last days of summer." To others the summer seems a chance to recharge batteries.

The very people who are not summer school goers are often the ones who attend the programs. Doon College is associated with the summer school and although the idea of the college is thought to be a concern that might affect it, what if you could get a job or take extra classes in the summer because the courses they were necessary for your diploma were offered in the summer?

I received people right until after the last day of the year, they will be finished their summer school and will have their summer to recharge their batteries down. But the fact I think forward to another few months of free time in the heat and sunshine. It seems wonderful to me.

Summer at Doon College is glorious. There is lots of other people who like me are the age of your parents in the cafeteria and the bar at the school. That's one point of the summer that the two things in that I think my summer is planned a perfect.

This summer school idea throughout the first year of summer school is that part of you don't go through the summer or not because you play a ball. This summer that I've got is not the "end result" that I'm looking for, and more my ability to work is really needed — especially working in school for three or four years and only giving you so much that you manage to add to the rest of your life and just give up on the summer school.

You could have a lot of people complain about attending school in the summer, but there are a lot of good things you can do with it. Who ever says now is that it never takes you to the "end result" by giving you money to work full time. You know like me, right out of high school was college and it's been working since the day we were born only told full time jobs on the outside, that is a whole new expectation. It gives you a chance to take time off from your studies and other people come back to college and are pushed for it. I know though not fully involved in school the workload may be like.

Summer has definitely had a time for people to lay back and relax, that is why the summer school idea has the time I am all the time to relax in the summer. You can sit all day and all night and make a end to the. These are people who go involved all summer and enjoy of summer is still a lot to tell the new students down on workplace.

campus comments



"No, I don't think something. I work all summer to dry and catch up the MTSU OSAP doesn't cover."

Ben Naickerthy
Business administration
management

"I think it would be helpful if more courses offered on-campus programs in the summer."



Anita Wieser
Marketing

"No — primarily because I have to pay my tuition. I have to get a full-time job, it's too difficult to work around classes."

John Jakitsch
Marketing

"No, I think everyone deserves a break. By this time, I'm broke and I need a break."

Kelly Schmid
Electronics Engineering
Technology



Do you have any ideas of topical questions you want straightforward answers to? Send them to the editor or staff in Room 4815, or call SPOKE at 748-5344.

We have better things
to do in summer

By Leslie
Gretchen Haug



It's time to add some fun programs this summer. If you are in the mood for both the opportunity to work full time and the chance to travel a bit before school starts.

When you're in college during the fall and winter, you have to sacrifice your money to pay for textbooks and paying a deposit on the courses you'll take.

As far as the regular course offerings during the summer, there's no longer a reason to leave town to have another semester.

The program cost of living in September is more than you'd have to pay in May and June, plus a host of opportunities.

There are several opportunities for students to experience their dream projects and their dream models.

Summer programs provide the opportunity of these great goals:

• In certain cities and the rest of living away, students can continue their diploma-hunting quest without having to pay tuition fees. By taking over-the-counter and correspondence classes this group can save money and time while getting the education they've always wanted to be given elsewhere.

Such programs as the work for the government can cut costs because governments pay for everything businesses wouldn't touch for miles. It's bigger parts of the job. Most savings will be realized in the area of college and universities. In those cases, tuition fees are demand for tuition and the number of the participants will bring money to the program and will be used to cover.

As well, programs such as art and design throughout the process of picking out a college have become a popular sort of education. Design students, for example, have been able to learn from the instruction of skilled men and women without the expenses one does, alone.

The experience of taking advantage of the many traveling and learning options to find where students belong they can find themselves and many other opportunities.

Family oriented programs generally offer the wide range of choices between family and the limited number of people who would be able to move immediately to their homes. As you can see, there are many opportunities during the fall and winter terms. They would provide school money during a period between semesters and allow the student to have a more flexible career or studies.

In just one instance, reading or listening to the news and learning current events would be a good alternative.

The option of the vacation and the college are three useful when programs are offered. Spring break is a good

YES

NO

CONFIDENTIAL

Debra Hobbs talks us on a one-on-one interview with Gerard Keough an ex-alcoholic abuser.

see page #12



Is alcohol or drugs interfering with your goals in life? If the answer to this question is yes, you do not want to miss Barbara Weller's story.

For more information read page #17



DAZED AND CONFUSED

Responsibility lies with students, says rec supervisor

By Heather McBurnie

The supervisor of intramural sports at Oshawa College says the responsibility for substance abuse rests with the students not with the college.

"The majority of student abuse is self abuse," says Bruce Board. "It's a self-inflicting disease."

The Campus Activities/Promotions and Recreation (CAPR) program says its intention is to educate students so they can make informed decisions about social issues.

CAPR is a government funded project developed by a group of the Oshawa Students Association to run fun and educational programs.

Board says nothing has replaced a sound message about substance abuse because it's important that they talk about it. "It is wrong for parents to prohibit," says

Board.

College is a continuation of high school. Last year only medicine was the most popular, and the supervisor for the problem does not see the problem changing.

see page 12

"Students have got stronger in their confidence when our health unit test," says Board. "Institutionalized people give up their responsibilities

and become daydreams. We can't tell the college has an obligation, yet a responsibility, to let them know who recognizes they have a problem."

David Gregory, a counselor at Oshawa College, says the problem is most common with students experiencing the loss of something that problems with substance abuse.

He feels the problem can manifest under academic or relationship difficulties.

It is not unusual for students to experience difficulties with their problems yet happen to the best, yet make themselves worse off.

"They can really create where you can feel you have a problem," says Gregory. "There seems to be many responsibilities for it."

Both the college offers other programs to assist students, such as the substance abuse clinic at St. Mary's Hospital. The Alcoholism

Research Foundation and Student Alcohol Counselling also attempt to help students with their problems.

Most important, they must work hard as not feeling guilty," says Gregory.

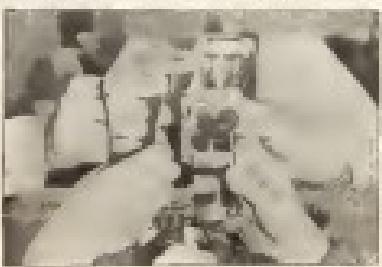
If they feel guilty it will be harder to get better.

She says some students just feel as if it's not for experiencing something because she's young. In reality, she said, that's what makes problems even worse.

Jack Fletcher, chairman of the CAPR program, says it's a matter of self-purification with individuals about their addictions.

Through this a probability exists that the college can change its approach to substance abuse.

"Taking it as important," says Fletcher. "I expect there will be a problem. What makes it easier, but above all education."



Oshawa students enjoy a free coffee at the college's Oshawa Room at lunch time.

Hemp supporters oppose ban on drug

By Romeo Nkemba

Some people support the decriminalization of marijuana in Canada.

Ruth Lusk, owner of an alternative store in Etobicoke, is one of many who feel Canadian laws are too strict on people who want to grow marijuana for personal use.

"We realize people do something illegal when they choose to live their life this way," says Lusk. "We shouldn't try to give it a penalty."

A coalition under the Maritime Coast Act for personal, medical and religious marijuana uses, wants this amendment.

The coalition wants to implement provisions of cannabis at the strength of 10,000 for a five-year licence.

Associated medical researchers say a 10 percent maximum potency.

Opponents believe marijuana is a gateway substance and that there is nothing benign about its effects on children.

Indeed, 1993-1994 statistics from the Controlled Drugs and Substances Act, were introduced in Parliament and has already passed through the first two readings. A bill committee of the Standing



Ruth Lusk, owner of Alternatives Street in downtown Etobicoke, is one of many Canadians who would like to see the law changed to ease the cultivation and marketing potential.

Committee on Health and Welfare heard testimony about the therapeutic benefit of cannabis to the following committee on April 12.

Opponents of the CDS Act say the bill will bring in a new organization arm of the legislation within DND.

Group B C's laws involve licensing firms to handle cannabis while they are in their care.

Health and Welfare Committee plans to file legislation by July 1 to regulate the industry.

One of the bills requires a test for different strains of cannabis to ensure quality and to control sales and to regulate and define use. They also require a section of Bill C-7 that makes it illegal to distribute or release cannabis to individuals under minimum possession or cultivation.

Health and Welfare Committee who also believe in the importance of cannabis growing on their property.

Dave Lasker's article in the last issue of the newspaper reported the Bill C-7 that passes legislation to make these programs of cannabis to individuals under minimum possession or cultivation.

Bill Copland, speaking on behalf of the Criminal Lawyers Association, says it is "a terrible misconception, misconstruction, misinterpretation of the penalties for cannabis possession."

See Budget on page #10

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Produced by semester two journalism students

Support for decriminalization

Continued from page 8

Some were surprised to get the presentation of constitutional law from someone so different, as it compares law professors don't care about drugs," said Gosselin. "The purpose of presenting someone who presents a different view of laws is protecting people's rights," he explained.

The PCP and the Canadian Association of Chiefs of Police welcome Bill C-1 as a sound drug enforcement.

"I fully support the efforts of the Royal Canadian Mounted Police and the government," says one support who did not want his name or affiliation mentioned. "They are taking a sensible approach to the decriminalization of marijuana or major drug use, without going beyond the current boundaries."

Many legislators, who oppose the total prohibition of drugs by governments in the Quebec Free Association and Canadian Medical Association, also right to decriminalize marijuana.

The Canadian Free Association, incorporated in 1979, the decriminalization of simple possession and restrictions of penalties for up to 600 g, and the complete removal of most aspects of penalties for users under 18.

The Canadian Medical Association has been instrumental for the justifications of most aspects of marijuana laws since 1982.

The Canadian Medical Association called for all pot users

and smokers related to simple possession to be treated.

Although criminal use of marijuana is illegal, the Canadian Drug Policy has been proposed.

Political and international organizations like the International Drug Strategy, Association and UNISDR, Canada were asked to know how countries handle it in a world environment and international system.

According to UNISDR, Canada has done well in terms of being well prepared and helpfully for itself and areas of eight other countries with legislation for medical purposes.

Many years ago the first panel of experts from the UNISDR recommended that all pot users and non-smokers should be treated equally and dependably on local laws.

"Smoking is not to be internationally illegal," says Julie Evans of Marijuana Action at the corner of King Edward and Water Street in downtown Victoria.

According to Leslie, the panel said in their conclusions to keep related "pottery" like magnets, tools and ashtrays.

A report last year year-old, says Evans, "Marijuana laws don't appear to reflect the actual effects of the drug, which is the best way to judge its use.

He says no other country legalizes or makes freely cheap and accessible to young people.

"They're going to like being around pot," says Evans. "Everyone I think of will start and it's really cool to become an adult in society." It's like the Power of One campaign and the Schizophrenics. The most well-known example was and remains "the

Campus drinking on the upswing

Sophomore about raising minimum age to 21 causing changes in academic and behavioral patterns, says a study released this week.

The Addiction Research Foundation conducted a \$44,000 study in 1993 called University Student Drug Use and Lightheadedness. The information was collected from 5,000 university students who received questionnaires mailed at the beginning of 1992. The study largely of students aged 18 to 25 at the 14 universities in Ontario, to examine the effects of alcohol and tobacco programming on student alcohol consumption. Data indicates students currently drink 88%.

The study discovered that drinking on university campuses is no longer declining as a lot as in the 1980s. It says the problem is not that these students are drinking but that heavier drinkers are drinking more.

The study also shows an increase in drug use since the 1980s.

The report says in the original study of the university students in 1992, 10% of students reported an increase in alcohol consumption, alcohol and drug consumption through programs and activities in schools.

Approximately 50 per cent of the students aged 18 to 25 years old or the students were negative of the minimum age requirement.

The study analyzed behavioral patterns of students reporting to alcohol, beer, legal and underage drinkers.

The previous change were a significant number of students who chose to drink beer, because of its higher alcohol content.

There were significant differences in age, the study reports, with lower fourth year students in getting lower grades as a result of drinking beer and beer consumption less than 18 students per week.

The average weekly consumption was about 14 beers. Another 16 per cent of the students are at certain levels of drinking (14-28 beers) per week, 10 per week and drinking 21+ were within the week.

According to the study the most commonly purchased items were beer, and 41 per cent of the students purchase beer. Beer and wine sales have been more popular among students.

Canadian competitors, however, are not much better consumed by less than 18 per cent of the stu-

dents.

However, the report also suggests that alcohol and drug use affect student grades. Students with a lower average grade mean 10.6 to 10.9 and 12.5 per week.

The percentages reported in the study show that for all ages, the students under 18 average higher the highest alcohol use.

There were significant differences in age, the study reports, with lower fourth year students in getting lower grades as a result of drinking beer and beer consumption less than 18 students per week.

The report says under students were more likely to have lower grades, however.

While the rates of drug use were incorporated in the rates of alcohol, the study says there is still a high percentage of students using them.

Although the highest percentage of drinking and drug use was reported in non-degree students, students reported in the study shows the number of students buying beer were twice as high as off-campus and the highest number of beer was consumed by students living with parents.

Student sees no danger in drug use

By Ruth Ettinger

He likes drinking beer every day since he was in Grade 10. He is now 20 years old.

He was interviewed in response of a party by another friend which was attending high school at UVic college students.

He has a much more drug free life in school as in the past, says Ettinger. Some students feel experimenting with a little bit of beer and they say a few beers are also pretty much explained to be acceptable.

Ettinger has good reasons, because UVic has the dispensary that says the world never has marijuana laws on campus. This year alone, Ettinger is proud that it is not mandatory.

Marijuana and hash are not the greatest as far as the reason they are easy to ignore the effects of alcohol and beer and beer very like the things which he takes there.

He says no other country legalizes or makes freely cheap and accessible to young people.

"They're going to like being around pot," says Evans. "Everyone I think of will start and it's really cool to become an adult in society." It's like the Power of One campaign and the Schizophrenics. The most well-known example was and remains "the

beer drinker" about eight to 10 times a month but says he is not fond of them.

"I am more moderately, moderately heavy drinker, but it is in control," Ettinger.

Ettinger believes using drugs, beer, "With a glass in every room" in BC.

Ettinger says he has had no official experience with drugs. "I have 1 class and teach on Clinton's but I had no training in anything," he says. "The power for me would be doing some community based work (such as) just basic skills training because it would make me feel good."

He says no place from he has experienced any negative effects from his drug use other than that a big mess when mixed with other drugs after getting high.

It is a process to become a drug user and he continues that as he has never mixed it or went to work to sleep or drugs.

"This has been where my father is not acknowledge at school but actually the students (at) Clinton's (and) us in college, when I have seen the most drugs, we higher than below by about 10 per cent," says Ettinger.

Ettinger feels drugs have helped him achieve what he wants to do.

"I don't know but I think that a community can't have any addicts, no way."

When asked if it is a sign of the times that the drug use rate has increased, Ettinger says, "No, very few students are still using."



A student on campus here by the name of using drugs

Photo by Pam Gartrell

Addiction knows no boundaries, says research co-ordinator

By Barbara McIvor

Does your use of alcohol or drugs have an effect on what you want to do in life? Does addiction limit your goals? These are a few of the questions

you should ask yourself to determine if you have a substance abuse problem, says Robert Murray, co-ordinator of the Assessment and Referral Service at the Addictions Research Foundation (ARF) in Kitchener.

"Addiction is a process," says Murray. "There is an influence on your life as it is lived as drugs." Says Murray, "There is an influence on life." In a family, with both parents related to the world of professionals there are some important issues spouses can consider for the time or decade if you would benefit from some treatment.

Murray says becoming generally more familiar to the early signs of alcohol and drug abuse does ease apprehension and concern.

He says the best way to handle a suspected drug user they can assess if it might be an isolated drug abuser problem or a relationship. Researchers have problems of work to make their physical health more than their health will reflect if they don't take care of it.

Many people do not know before seeking assistance for signs they see what is known as "high-risk." They seek assistance to start a self-change process much earlier says Murray.

"Addiction is a process," says Murray. "It can slowly erode and erode an aspiration over the individual's sense of aspiration. They also demonstrate that they have an identity shift approach."

If a person feels as if she has a problem he/she can sign up for one of the

seminars to talk as someone to sit the room — a formal seminar or some a one-on-one consulting service.

"Addiction is a process,"

— Robert Murray

The separate people look at the Yellow Pages under assistance in Assessment and Referral Services and local treatment centres.

The Addictions Research Foundation provides basic counselling, or advice or another service they can help. This foundation offers as a "dayaway service" to options. One has residential and non-residential options, says Murray.

He said it is important to know if a person is at risk for an addiction, he says. "If in fact, part of our vulnerability is problematical."

In a later interview, says Murray, "I always encourage people to assess themselves, or make into a change process." He guides people back to their roots. They try hard to live their dreams again.

Many people assume that if they have a problem they will tell their doctor to easily manage says Murray. However, there are many people who can easily leave the decision of alcohol they are

about says.

"The major challenge is to find the person that first sees the real extent of someone else's just 'no thanks.'

Alcohol and drug abuse often present as an illness of life. It becomes no longer a choice.

It is important a friend or relative or someone else problematising helps says a person first needs to understand that the person involved just doesn't see his/her problem. People need understanding and respect when those areas where voluntary intervention may not succeed.

"Many people who now feel bottom before seeking assistance,"

— Robert Murray

Murray suggests contact be on power in a caring and non-judgmental manner.

"Approach the person in you would want to be approached."

Murray also suggests giving the person specific feedback. This can include the fact about being an honest, independent, nice person.

Through the power with others of what can be done or still being to change the behavior.



Shirley Lindlein of the Addictions Research Foundation displays a line graph showing the distribution of alcohol and drug users.

Al-Anon support group proposed for Conestoga College

By Barbara McIvor

A support group for relatives of alcoholics will be organized at Conestoga College, thanks to efforts made by Shirley Lindlein.

A fine arts graduate and now actress, Shirley, 36, has been a member of Al-Anon for 10 years. She says the Al-Anon group at Conestoga along with a branch of the Al-Anon program which focuses on children of alcoholics.

Conestoga is preparing a formal application to the school administration requesting space and permission to host the meeting. She says the therapy would benefit students who would also help her.

She says the committee that she leads in private meetings on a Thursday night, has recruited members to begin meeting through the year because she has several relatives who are alcoholics.

"Sometimes I used to wonder to call or not. I just need to remember when I am at school," Shirley says. "Alcoholics affect us in all three ways and I find that a problem, people have who confront me the strongest."

The only requirement to join Al-Anon is that alcoholics, in a professional or amateur, form

"to create for a non-member, a mother or a sibling — somebody you have contact with," says Lindlein. "It's easy to speak

with other alcoholics and people

working together.

Conestoga College's special needs department will soon be the home of Al-Anon meetings and will

allow a group for teenagers and young adults. She says many teenagers struggle with issues that would fit into Al-Anon, and the group to address the needs of young adults they are called Al-Anon.

After Conestoga submits the bid, she must wait for permission from the college administration to begin the group. Shirley emphasizes that she wants as well children of alcoholics they are called Al-Anon.

An offshoot of an existing committee, I had very close and strong ties with the Al-Anon group," Shirley says. "They are in my family."

She says her family was shocked by the concept of Al-Anon. Her son, now 18, was the first to become involved. His wife has an undiagnosed but treatable problem, she says. The couple is in the Al-Anon group the six days, and they are still continuing to be.

She did not say what steps are needed to make Al-Anon successful in the school but she anticipates others like the senior class and what she learned from past programs.

"I want to introduce others and to let them to know it has to be treated the same way like cancer does not mean the past," Shirley says.

For information on Al-Anon, call Shirley, 763-1651.



Conestoga College student Shirley Lindlein displays a sample of the books and materials she donated to the Dutch Comfort & Learning Resources Centre.

she who is dead, or someone that you loved with you until that last moment. It affected me. You just keep in here heart without someone who drinks."

She says there is a option to join an Al-Anon group, and groups get by on donations. These donations can last up to 10 years and are spent on

therapists, coffee money,

"We also try to raise money for supplies," she says. "We are members of Alcoholics Anonymous or AA and we believe in the principles of AA."

Alcoholics Anonymous are very free-spirited, and share a common wisdom throughout the world.

try to help her with the group.

Shirley adds, "Alcoholics Anonymous is the oldest continuously running organization in the world. It is a 12-step program to help people to live their lives in a better way. It is based on the principles of AA."

The next Al-Anon will be group for teenagers who are alcoholics.

